



Log Cabin

Located in Langford Park at
2369 NE Dixie Hwy, Jensen Beach

Hours:

Monday - Friday, 9AM - 4PM

Daily Programming:

Meals on Wheels, 10AM - 12PM

***Presentation by the Kane Center**

****Please call to reserve your seat**



Use your cellphone's camera to
scan the QR Code for more
information or visit
www.martin.fl.us/SeniorPrograms



MAY 2024

Monday



6
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12-1PM Bingo
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis

13
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis
3-4PM **Book Club****

20
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12-1PM Bingo
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis



Tuesday



7
9:30-10:15AM Mindful Movements (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

14
9:30-10:15AM Mindful Movements (Chair)
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21
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28
9:30-10:15AM Mindful Movements (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

Wednesday

1
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM - 12PM **Food Boxes***
2-3PM **Kentucky Derby Tea Party****

8
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Arts and Crafts***
12:30-1:30PM Line Dancing

15
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Technology Class***
1-3PM **Easy Canvas Painting****

22
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Foot Care***
12:30-1:30PM Line Dancing

29
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:30AM-12:30PM **TenderCare***
1-4PM Log Cabin Open House

Thursday

2
9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

9
9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

16
9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

23
9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

30
9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

Friday

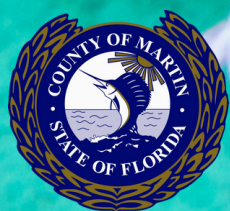
3
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)

10
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Ten Tip Series w/ Treasure Coast Food Bank****
1:30-4PM **Ukulele/Guitar Lessons****

17
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-3:45PM **Ukulele/Guitar Lessons****

24
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Ten Tip Series w/ Treasure Coast Food Bank****

31
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-3:45PM **Ukulele/Guitar Lessons****



For questions or more information, please contact us via email at seniors@martin.fl.us or call us at (772) 334-2926.

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